

Claims

- [c1] An exercise apparatus, comprising:
 - a. a step counter for continually counting a cumulative number of steps taken by a user throughout a period of time both while the user is on and off of an exercise machine, the step counter comprising a first communication means for periodically communicating a current value of the cumulative number of steps taken by the user to a console of the exercise machine while the user is on the exercise machine; and,
 - b. the console comprising, a second communication means for periodically receiving the current cumulative number of steps from the step counter while the user uses the exercise machine.
- [c2] The exercise apparatus of Claim 1, wherein the step counter comprises an accelerometer to determine step count.
- [c3] The exercise apparatus of Claim 1, wherein the exercise machine is selected from the group consisting of a treadmill and an elliptical trainer.
- [c4] The exercise apparatus of Claim 1, wherein communica-

tion between the first and second communication means is wireless.

- [c5] The exercise apparatus of Claim 1, wherein the console further comprises a display.
- [c6] The exercise apparatus of Claim 1, wherein the console further comprises memory means for storing historical user data.
- [c7] The exercise apparatus of Claim 1, wherein the step counter further comprises memory means for storing historical user data.
- [c8] The exercise apparatus of Claim 1, further comprising memory means for storing historical user data comprising the cumulative number of steps taken by the user by time period.
- [c9] The exercise apparatus of Claim 8, wherein the console further comprises a third communication means for communicating with the memory means.
- [c10] An exercise apparatus, comprising:
 - a. a step counter for continually counting a cumulative number of steps taken by a user throughout a period of time both while the user is on and off of an exercise machine, the step counter comprising a first communication

means for periodically communicating a current value of the cumulative number of steps taken by the user to a console of the exercise machine while the user is on the exercise machine; and,

b. the console comprising,

- i. a second communication means for periodically receiving the current cumulative number of steps from the step counter while the user uses the exercise machine; and,
- ii. a data processor for calculating a current remainder number of steps yet to be taken as a difference between the current cumulative number of steps taken and a goal number of steps; and,
- iii. a display for displaying the remainder number of steps.

- [c11] The exercise apparatus of Claim 10, wherein the step counter comprises an accelerometer to determine step count.
- [c12] The exercise apparatus of Claim 10, wherein the exercise machine is selected from the group consisting of a treadmill and an elliptical trainer.
- [c13] The exercise apparatus of Claim 10, wherein communication between the first and second communication means is wireless.

- [c14] The exercise apparatus of Claim 10, wherein the first communication means further communicates the goal number of steps to the console.
- [c15] The exercise apparatus of Claim 10, wherein the goal number of steps is input to the console.
- [c16] The exercise apparatus of Claim 10, wherein the console further comprises memory means for storing historical user data comprising the cumulative number of steps taken by the user by time period.
- [c17] The exercise apparatus of Claim 10, wherein the step counter further comprises memory means for storing historical user data comprising the cumulative number of steps taken by the user by time period.
- [c18] The exercise apparatus of Claim 10, further comprising memory means for storing historical user data comprising the cumulative number of steps taken by the user by time period.
- [c19] The exercise apparatus of Claim 18, wherein the console further comprises a third communication means for communicating with the memory means.
- [c20] An exercise apparatus, comprising:
 - a. a step counter for continually counting a cumulative

number of steps taken by a user throughout a period of time both while the user is on and off of an exercise machine, the step counter comprising a first communication means for periodically communicating a current value of the cumulative number of steps taken by the user to a console of the exercise machine while the user is on the exercise machine; and,

b. the console comprising,

- i. a second communication means for periodically receiving the current cumulative number of steps from the step counter while the user uses the exercise machine; and,
- ii. a display; and,
- iii. a memory means for storing historical user data comprising the cumulative number of steps taken by the user by time period.

[c21] The exercise apparatus of Claim 20, wherein the step counter comprises an accelerometer to determine step count.

[c22] The exercise apparatus of Claim 20, wherein the exercise machine is selected from the group consisting of a treadmill and an elliptical trainer.

[c23] The exercise apparatus of Claim 20, wherein communication between the first and second communication

means is wireless.

- [c24] The exercise apparatus of Claim 20, wherein communication between the first and second communication means is wired.
- [c25] The exercise apparatus of Claim 20, wherein the console further comprises a data processor.
- [c26] The exercise apparatus of Claim 25, wherein the data processor retrieves the historical user data from the memory means and transforms said historical user data into a log format, and wherein the display displays the log-formatted historical user data.
- [c27] The exercise apparatus of Claim 25, wherein the data processor calculates progress toward a goal number of steps.
- [c28] An exercise apparatus, comprising:
 - a. a step counter for continually counting a cumulative number of steps taken by a user throughout a period of time both while the user is on and off of an exercise machine, the step counter comprising a first communication means for periodically communicating a current value of the cumulative number of steps taken by the user to a console of the exercise machine while the user is on the exercise machine;

- b. a memory means for storing historical user data comprising the cumulative number of steps taken by the user by time period; and,
- c. the console comprising,
 - i. a second communication means for periodically receiving the current cumulative number of steps from the step counter while the user uses the exercise machine;
 - ii. a third communication means for communicating the cumulative number of steps to the memory means; and,
 - iii. a display.

[c29] The exercise apparatus of Claim 28, wherein the historical user data comprises the cumulative number of steps taken by the user by time period.

[c30] An exercise apparatus, comprising:

- a. a step counter for continually counting a cumulative number of steps taken by a user throughout a period of time both while the user is on and off of an exercise machine, the step counter comprising,
 - i. a first communication means for periodically communicating a current value of the cumulative number of steps taken by the user to a console of the exercise machine while the user is on the exercise machine;

- ii. a memory means for storing historical user data comprising the cumulative number of steps taken by the user by time period; and,
- b. the console comprising,
 - i. a second communication means for periodically receiving the current cumulative number of steps from the step counter while the user uses the exercise machine; and,
 - ii. a display.

- [c31] A method for tracking number of steps taken, comprising:
- a. providing an exercise apparatus, comprising,
 - i. a step counter for counting a cumulative number of steps taken by a user during a time period, the step counter comprising a first communication means for communicating the cumulative number of steps taken by the user to a console of an exercise machine; and,
 - ii. the console in communication with the step counter while the user uses the exercise machine and comprising a second communication means for receiving the cumulative number of steps from the step counter;
 - b. at commencement of using the exercise machine, initiating communication between the step counter and the

console; and,

c.exercising.

- [c32] The method of Claim 31, wherein the console further comprises a data processor.
- [c33] The method of Claim 31, wherein the console further comprises memory means for storing historical user data comprising the cumulative number of steps taken by the user by time period.